

# Join Us For a Week-Long Conscious Discipline Institute (CDI) This Summer!

2 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=1\\_8MB4D5XJC](https://www.youtube.com/watch?v=1_8MB4D5XJC)

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## SUMMARY

*Conscious Discipline emphasizes the importance of community and unity in education, particularly in today's challenging environment. The program aims to equip educators with essential skills for self-regulation and resilience, fostering a supportive atmosphere for both teachers and students.*

- *Focus on the principle of unity: "We are all in this together."*
- *Participants will learn the seven skills and powers of Conscious Discipline.*
- *Emphasis on responding to life's events rather than reacting.*
- *Introduction to the brain state model for better self-regulation.*
- *Importance of noticing thoughts, feelings, and actions to achieve goals.*
- *Encouragement of practice, collaboration, and fun during the conference.*
- *Building a community of like-minded educators and lifelong connections.*
- *A call to action for adults to develop resilience in themselves and their students.*

conscious discipline is founded on one basic principle we are all in this together it utilizes the power of unity and at no other time in our world do we need that more than right now [Music] [Music]

welcome to the beginning of an amazing journey that's going to change your life as an educator at our summer institutes you will witness the transformative power of conscious discipline by experiencing a community that's built on feeling safe connecting and because of that Community you're going to be able to experience the true power of conscious discipline by the end of our time together you will know deeply the seven skills and powers of conscious

discipline and be confident in your ability to respond to Life's events instead of react by learning the brain State model and internalizing the Seven powers of self-regulation you will radically shift your perception of the world which which gives us a great sense of control and resilience in our daily life that's the beginning of self-regulation that ability to notice my thoughts my feelings my actions in service of accomplishing my goals which

is one of the most important skills children will learn in their lives you're going to come you're not just going to sit and get information you're going to practice and you're going to have some fun you're going to meet lifelong friends like-minded people that are brain builders that are co-regulators just like you and you're going to practice it you're going to experience it and you're going to have lots of fun so this conference is geared for you

who

makes resilient children resilient adults and it's time it's time that we as adults dug deep and brought forth all that we can muster and offer it up and we're here to help you as Educators do just that I hope you join us because this is a unique event at the perfect time and I don't want you to miss it join us we got this

[Music]